SOUTHERN GIRLS

ROCK & ROLL CAMP

"Where All Girls Rock!"

CLASS OF 2008

ZINE
SOUTHER
2008

Southern Girls Rock & Roll Campers & Volunteers,

SGRRC is an experience that I hold very dear to my heart and more than that, it is built upon the idea of community, collaboration, empowerment, expression and love. I hope that the camp is an experience that will influence you in a positive way and that you all will take a bit of what SGRRC is all about back to school with you in the Fall and share it with others.

The two camp sessions in Murfreesboro and Memphis will host over 150 campers this summer, making this the biggest SGRRC ever. This progress would not be possible without the contributions from these amazing women: Anna Fitzgerald, Courtney Sharpe, Nicole Tekulve, April Eubank, Kelli Morris, and Angela Horton Thank you all for your outstanding work this year and for building SGRRC these past 5 years.

This Fall there will be some positive changes at SGRRC. We will launch a Ladies Rock Camp where grown up women will empower themselves through music while helping raise funds for SGRRC. Courtney will give birth to a baby boy (Congratulations!) and I will begin touring with my band Those Darlins. I am confident that the mission of SGRRC will continue to flourish in Murfreesboro and in the hearts of everyone that have been touched by the camp experience.

Thank you for making this year the biggest and best camp in SGRRC history. It is because you all believe in the power of music to bring people together and create positive change that we are able to share this week together. The camp has been an important and influential part of my life these past five years. I deeply value the people who make camp possible and am honored to be a part of this community.

KELLEY ANDERSON

Founder, SGRRC

LINEBAUGH PUBLIC LIBRARY
MURFREESBORO, TENNESSEE

Dear campers and volunteers,

It's that time again... the summer is hot and you've got the SGRRC bug.

It's our 6th year and I'm so excited to meet each and every one of you.

It is with every smile, laugh, and note that I feel the impact of the change SGRRC has created here in TN. Your music and presence is what keeps our town young and what inspires me to continue on my own path.

You will make friends and memories that I hope will be carried with you for years to come. Remember that learning happens to teachers, and that an open mind brings a world of possibilities. I have learned many things about myself and others here at camp and I cannot thank the staff, volunteers, and YOU enough for the gift that you bring to your community each year.

Remember camp is a place Where All Girls Rock!

Let it slide, let yourself go, let it rock, let it roll.

Love,

ANNA FITZGERALD

Happy 7th Year!

Well, this has been quite an exciting year for me personally and for SGRRC. This will be my first year living away from Murfreesboro and watching camp come together almost from an outside perspective. It is my sixth year being a part of this amazing project, and I can say that each and every year I become more and more proud just to be affiliated with it, and the extraordinary women who run it. Our lives change year in and year out, and sometimes our hills turn into mountains- even if we are the only ones who see it that way.

On the way is a little boy, with whom I will be responsible for- and I can say that I know his life will have music in it every day. I can also say that I feel like I will be a better parent because I have had the opportunity to allow my life to be changed by you. I am a different person now than I was six years ago, and I owe that to you. Thank you for enriching my life and making my mountains into hills when all I could see was the highest peaks ahead of me.

Love, COURTNEY SHARPE

"There came a moment in the middle of the song when she suddenly felt every heartbeat in the room & after that she never forgot she was part of something much bigger"
-Brian Andreas

Hi! My name is April Eubank. This year I am an Assistant Director of the best camp in the world (I mostly help coordinate volunteers). Hey, here's a survey:

1. What's your middle name? June (my parents really dug calendars?).
2. What's your favorite way to waste time? Watching TOP CHEF and The Kids in the Hall, obviously.
3. What grade are you in? I'm about to graduate from MTSU in December with a degree in Spanish. Hooray!
4. Do you love your job? Absolutely! I think SGRRC is absolute aces. Camp week is magic and I'm always a little sad when it's over. Thank goodness there are plenty of ways to stay involved with SGRRC, YCAC and YEAH throughout the year!
5. Chocolate or vanilla? Vanilla, big time.
6. What are your hobbies? Adventures in cooking, petting cats and dogs, buying other people's junk, learning to sew, spending time with pals and Xtreme baking projects.
7. Never in my life have I: seen Star Wars. Can you believe it?!
8. Pepsi or Coke? Horchata.
9. The last song I listened to was: "Penelope" by Of Montreal
10. Who are your heroes? My parents, friends and every single SGRRC camper and volunteer. You guys are amazingly amazing, really!

APRIL EUBANK

Hey ladies!

I am so excited to be back for my fourth year with SGRRC! When I first began as a volunteer in 2005, I was a college student dreaming of graduation and my first "real" job. Four years later, I am about to start a new chapter in my life and begin work on my master's degree in library science. Each and every one of you, whether you know it or not, have influenced my decision to pursue this career. Working with such an inspiring group of young people each summer left me wanting to make a commitment to the youth in my community. If all goes according to plan, I will be a young adult librarian at a public library in a little over two years. Thank you to each of you for being an inspiration to me and for helping me figure out what I want to do with my life.

I could not close this letter without thanking all the staff. Rock camp could not happen each year without the amazing group that works year round to accomplish this goal. I want to thank each of the wonderful ladies (and men-Andrew!) for making it such a rewarding experience.

Until next year,

NICOLE TEKULVE

This is my third year involved with SGRRC. Writing this bio has been stressing me out for days -I've put it off and put it off. (Note to future SGRRC volunteers: Do Not Do This To The Guidebook Staff. They have enough stress without everyone sending their submissions in at the last minute)

I feel lucky to be involved with these the driving force behind all the good stuff that happens in SGRRC, and they have welcomed me and made me part of their family. You can often find us meeting at my house to work on camp stuff and also eating and trying out new recipes and dishes with each other. It's great to have culinary cohorts like them.

It's amazing what can be accomplished when it's something that you believe in. Just a few short years ago, three college students started this camp. Six short years later, they're a non-profit group with classes for boys and girls, recording schools and three camps. (MTSU, Memphis and Ladies Rock Camp). They've included me in their dream and vision and for that I am grateful. Here are a few observations I've made about myself over the past year.

"Age doesn't matter" - it just means that you have more experience to share if you're older and may have a unblemished, fresh view if you're younger

"Accept yourself more and focus less on anything you might deem a flaw". "Enjoy new experiences and don't be afraid to try something new"

I thought at 39 years old, I'm too old to learn an instrument. I bought a bass guitar and have had the best time learning to play. I would never have thought I could be in a band, but even though it's way out of my comfort zone, I'm going to participate in Ladies Rock Camp. I admire all the new girls that start camp on Monday morning a little bit shy and then they transform into awesome little rocker chicks in 5 days. I want to have that same sense of self , I want to be fearless like them.

"Change can be good"- although it's sometimes scary, as things evolve and grow, they often turn out better than you could ever imagine.

"Don't put limits on what you think you can accomplish". If you believe in it and are willing to work hard, you can achieve anything you set your mind to.

And it never hurts to have like-minded friends that are willing to take the journey with you. I'm glad that April, Nicole, Anna, Courtney and Kelley have become part of my journey.

We've been meeting and working on making 2008 the best camp ever, since January. To me, camp has become something like Christmas, except it's 6 days long instead of just one. You work hard all year long to make it the best experience, and all the fruits of your labor come together with this one week celebration. It's something I look forward to every summer and when it's over, I start thinking about what we can do the next year to make it even better. I want to thank my husband Chris, and my daughters Hannah and Gillian, all whom I love very much. They have been very helpful at home and understanding about the time and energy I've devoted to SGRRC.

I heard a new study was out that said that money can't buy happiness. I think they're right. What's more important is friends and family and how you look at all the experiences in life. I may not be a millionaire, but I'm very blessed with all the other important things in life. I'll continue to change, grow, learn (continue rockin' that bass guitar), laugh (even if it's at myself), and love. Thinking about my life right now..... It's better than I deserve.

KELLI MORRIS

To the Campers at the Second Annual Memphis Southern Girls Rock & Roll Camp:

You are all so fortunate to have this experience playing music with other like-minded girls! This week will give you a sense of pride and accomplishment, which will stay with you for your entire lives. Hopefully, you will also meet some girls who you will have a connection with, and you will be able to develop those friendships beyond camp week.

I can say that playing music has been a very important and influential part of my life. The people I played music with have been like brothers and sisters to me. With my band mates, I was able to travel to cities I would have never seen before, and I met equally interesting individuals in all kinds of places.

So this week, it's you, new friends, and your band! Girls, it doesn't matter if you never pick up an instrument again, this week it's your journey! (And don't forget the earplugs!)

Best,

ANGELA HORTON

CENTER FOR

Excellence

at Hutchison

LETTER FROM HUTCHISON

To open your mind and see the world through a different lens.
To open yourself to change and discovery.
To open your potential.

Since its inception in summer 2004, Hutchison School's Arts Academy mission has been to awaken the unique creative voice in each student to steer them toward a lifelong path of artistic enrichment and creative growth. A focus on the arts is central to our school mission, and Hutchison has a long-standing tradition offering nurturing artistic training as part of our general program of studies, propelling many of our graduates toward acclaimed careers in the arts.

I'm delighted to welcome Southern Girls Rock n Roll camp and its students as part of the Mary Miles Loveless Arts Academy summer experiences here at Hutchison. I hope this enriching week helps you hone your unique creative voice, inspiring you to a lifelong relationship with the arts.

Welcome to Hutchison's campus. Let's Rock!

Regards,
Tracey Zerwig Ford
Fine Arts and Center for Excellence Director

SGRRC CAMPER GUIDELINES

Respect each other. Be sensitive to differences in backgrounds, cultures, and values. Avoid being offensive with comments, tone, and gestures. Be aware that there is a big difference between 10 and 17 years of age.

Respect everyone's differences in race, ethnicity, physical ability, size, class, and sexuality. No racist, homophobic, or otherwise discriminatory comments. Bullying or name calling will not be tolerated.

Respect volunteers. Camp volunteers provide their time and energy to make camp an awesome event for you. Follow instructions from all staff and be kind and respectful to them.

Respect all instruments, equipment, and property. Camp equipment is donated for your use during the week. Please use it properly and treat it carefully.

No smoking. No drugs or alcohol. No violence.

Turn off cell phones and beepers in classes, workshops, and panels.

The ratio is two adults per group of campers. Never be alone with a volunteer.

If you need medical assistance, let a volunteer know immediately. SGRRC can only administer medication that is approved by your parents.

Camp directors, staff, and volunteers are here to help. If you have any questions or need help, don't be afraid to ask or let someone know!

Always be supportive of each other's musical efforts! We are all taking creative risks.

Campers must stay in groups at all times.

HONOR CODE

Enrollment in Hutchison School implies the acceptance by the student and her parents of the Honor Code, and the School's customs, rules, and regulations. Since the founding of the School, a core value is to respect each student's integrity and accept her word as true. The aim of the Honor Code is to sustain and perpetuate this trust. Honor is the personal quality that leads us to us to esteem what is right, just, and true, and to abide by the dictates of conscience. At Hutchsion, the honor system rests on the moral maturity, self-respect, and cooperation of each girl. Our Honor System assumes that each student will use the prperty of others only with the permission of the owner. Studnets shall be truthful at all times, shall not repeat unfounded or unkind rumors, and shall use their influence to encourage honrable conduct among students.

SGRRC CAMP SCHEDULE 2008

8.30AM - 9AM	REGISTRATION
9AM - 9.15AM	MORNING ASSEMBLY
9.30AM - 11.30AM	INSTRUMENT INSTRUCTION
11.30AM - 12.30PM	LUNCH
12.45PM - 1.15PM	PERFORMANCE
1.15PM - 1.45PM	PANELS
2PM - 3.30PM	WORKSHOPS
3.45PM - 5.45PM	BAND PRACTICE
5.45PM - 6PM	CLEAN UP/CAMPER PICK UP

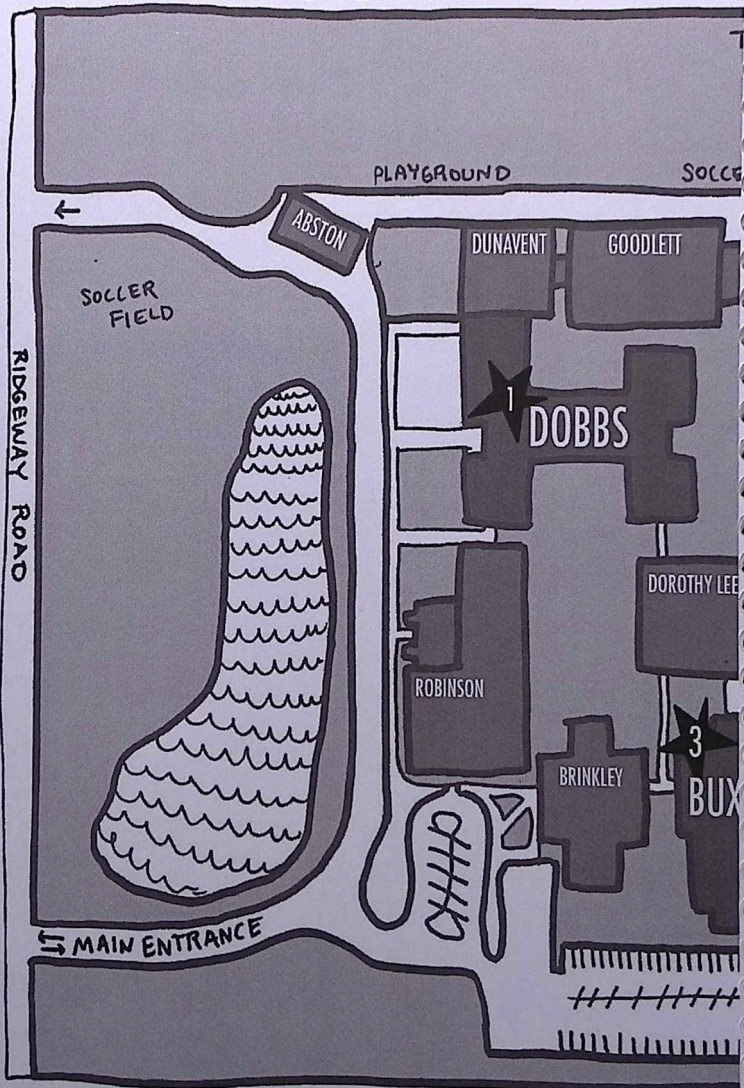
FRIDAY ONLY!

6PM - 7PM	GRADUATION & RECEPTION

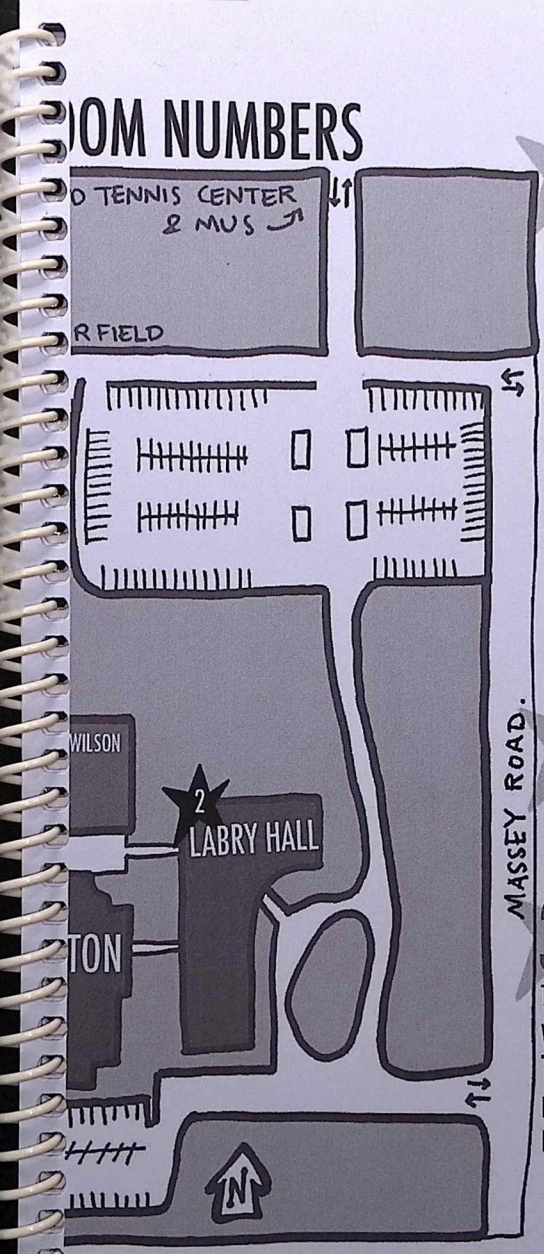
CAMP SHOWCASE - SATURDAY AUGUST 9TH

10AM - 12PM	OPTIONAL REHEARSAL TIME
12PM - 2PM	GEAR LOAD OUT
1PM - 5PM	SOUND CHECK
6PM	DOORS OPEN
7PM	CAMPER SHOWCASE

HUTCHISON MAP & RC



MAP KEY



1 DOBBS

BEGINNER GUITAR-CHOIR ROOM 231
INTERMEDIATE GUITAR-204
ADVANCED GUITAR-214
BEGINNER BASS-201
INTERMEDIATE BASS-202
BEGINNER DRUMS-MUSIC ROOM 232
INTERMEDIATE DRUMS-212
ADVANCED DRUMS-CREATIVITY STUDIO 237
KEYBOARDS-ART ROOM 241
VOCALS-CHAPEL

SONGWRITING- CHOIR ROOM 231
RECORDING-ART ROOM 241
ZINE MAKING-215

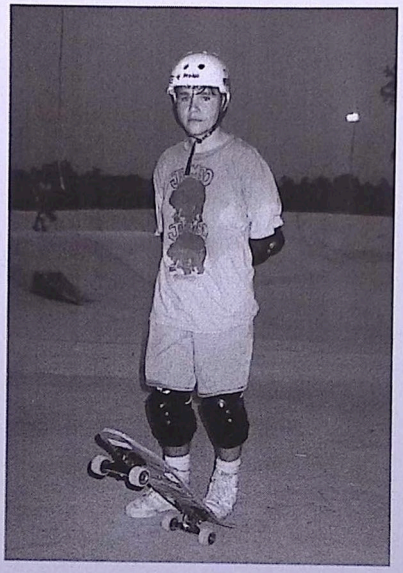
2 LABRY

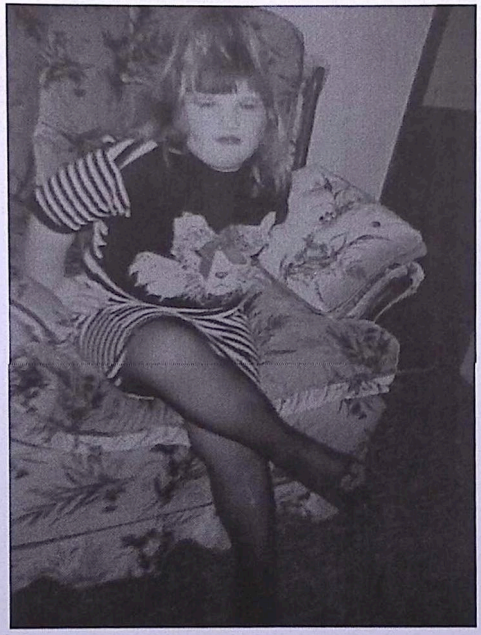
BAND PHOTOGRAPY-121
MUSIC HERSTORY–1099

3 BUXTON

THE END OF THE WEEK SHOWCASE WILL BE HELD AT **WIENER THEATER**, WHICH IS LOCATED INSIDE OF THE BUXTON BUILDING.

FLASHBACK!





CAN YOU GUESS WHO THESE KIDS GREW UP TO BE?

ANSWERS ARE ON PAGE 42

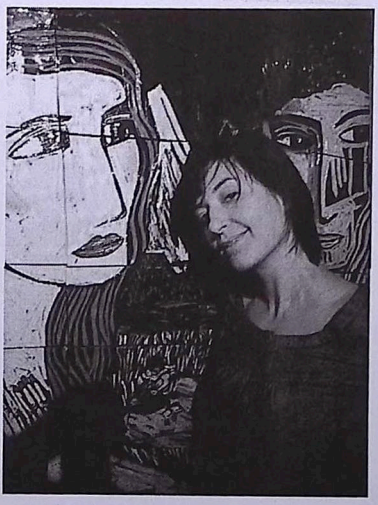
PANELISTS & PERFORMERS

MONDAY SIX GUN LULLABY

Six Gun Lullaby is a three piece Rock n' Roll band based out of Nashville, TN. Tiffany Minton (drums), Martin James Schneider (guitar/vocals), and Claire Adams (guitar/vocals) have been playing, recording, and touring together since 2005. Their first album, Smash Your Records, was self released in March of 2007.

Six Gun Lullaby fires off a non-stop, energetic round of music, in each of their live shows. They have played over 50 gigs in two years. With strong ties to their own music and art community, Six Gun Lullaby has played in support of LadyFest Music City, LadyFest Chicago, The Metro Bike Cooperative, Nashville Craft Apocalypse, and The Flying Monkey Arts Center in Huntsville, AL. They are past and current supporters of Youth Empowerment Through Arts & Humanities and have volunteered their time and music in support of Southern Girls Rock n Roll Camp for almost three years.

KRISTIN ANDREASSEN **TUESDAY**



Kristin Andreassen plays guitar, fiddle, sings & dances with the "all g'Earl" old-time stringband Uncle Earl & she sings and plays keyboards in the vocal trio Sometymes Why. Last year Uncle Earl's album Waterloo, Tennessee (produced by John Paul Jones of the band Led Zeppelin) won Folk Alliance Album of the Year. Kristin is also an award-winning songwriter (2007 Grand Prize for John Lennon Song Contest Children's Music category and *Finalist in the Gospel category*). Kristin worked as a clogger & stepdancer with Maryland's Footworks Percussive Dance Ensemble from 1999-2002. She grew up in Portland, Oregon, has a degree in history, has worked as an Amtrak sleeping car porter, trained kids to make web sites in the Canadian arctic, used to live in a bus, and geeks out on the nature channel every time she's alone in a hotel room. Hear songs and find out more: www.myspace.com/kristinandreassen.

WEDNESDAY THE FAINTLY RED MOLLIES

Influenced by adrenaline rushes, and manikin legs, The Faintly Red Mollies is a two-piece (kind of like the one you are wearing) of heavy chick rock. The band features Lorelei Berglund on guitar, and Tracie Zimmerman on the drums. The two of us have been playing together as the Faintly Red Mollies since 2006. We both started playing music at young ages in a tedious attempt to escape reality. We released our first CD in May of 2008 out of our home studio on our own record label called, Metal Bra Recording. We are very proud to say the CD was given Three stars by the Commercial Appeal's Memphis Playbook. The writer, Mark Jordan even quoted, "it rocks as hard as anything you're likely to hear this year". We have worked very hard at rocking, because we love it, and are very honored to be asked to participate in the Southern Girls Rock Camp this year.

WEDNESDAY PANELIST

Publicity & New Media Featuring:

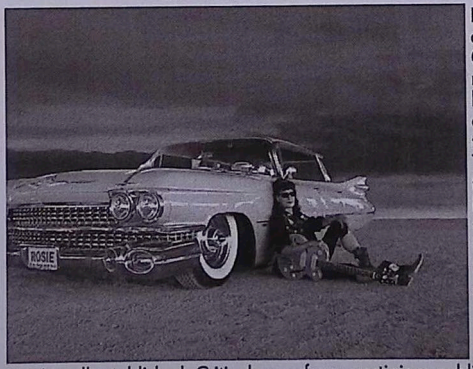
RACHEL HURLEY,

Rachel & The City, www.rachelandthecity.com

CAMERON MANN & CATRINA GUTTERY,

of the Memphis Music Foundation & Musicians Resource Center

THURSDAY ROSIE FLORES



Born in San Antonio, TX and raised in Southern California, Rosie Flores' music blends the best of honky tonk, rockabilly, and jazz with the traditional sounds of her Tex-Mex heritage. Since the late 70s, she has been an important figure in the Los Angeles, Austin, TX and Nashville music scenes.

Rosie's reputation as a high octane rockabilly star is well established. Critical raves from prestigious publications such as the Los Angeles Times and Guitar Player magazine leave no doubt about her talent for filling dance floors and lighting up rooms with her blazing guitar solos.
Rosie's solos recordings have found homes on both the Billboard and Gavin charts and are also featured in seven motion pictures. Her revved-up performances in honky-tonks from Boston to Bakersfield have won legions of fans and earned appearances on such nationally broadcast television programs as "Austin City Limits" and "Late Night with Conan O'Brian." Early in her career while recording for Warner Bros. Records she was nominated for best "Horizon Artist" by the Academy of Country Music in California. In the year 2000 she won the presitgious LA Weekly Music Award for Best Rockabilly Swing Artist.

FRIDAY ULTRACATS

The Ultracats started as a duo in 1998 with Lori Gienapp McStay (of Deloreon, Porch Ghouls, The Glitches) and Alicja Trout (also currently in Mouserocket, River City Tanlines). They've played on and off through the past decade but have re-formed in the past year with Lori's fellow Glitches *band mates Robby Grant (of Big* Ass Truck and currently in Vending Machine and also Mouserocket with Alicja) and Jared McStay (of the Simple Ones and currently in the Nice Digs). The Ultracats play all the rockin' genres: rock, pop, punk, R&B, 1960's girl group, plus a little bit of everything else. They currently frequent Murphys, the Buccaneer, and the Hi-Tone, and have recently played at the Dixon Art Gallery and for the annual Maria Montessori School Regatta and Duck Race.

FRIDAY PANELIST

The Business of Entertainment Featuring:

LAWRENCE BO MITCHELL, record producer

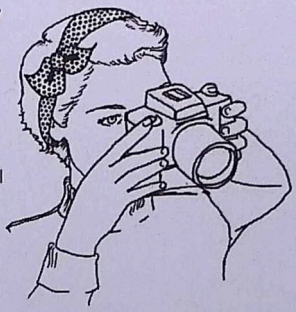
KENNEDY DJ on Q107.5

The Ultracats: **LORI GIENAPP MCSTAY** (LAMAR Records), **JARED MCSTAY** (owner of Shangri-La Record Store), **ALICJA TROUT**, **ROBBY GRANT**

2008 WORKSHOPS

BAND PHOTOGRAPHY

In band photography we hope to provide a creative outlet in which the girls are able to present their unique viewpoints in new and interesting ways. No one sees the world exactly the same ways; understanding and appreciating our individuality will hopefully produce excellent prints! We hope to introduce the fundamentals of black and white, as well as new techniques that are available in digital. Most of all we want to have fun showing a rock and roll perspective in a relatively new medium.



MUSIC HERSTORY

This workshop will be a brief summary of Women in Music from the roots of Jazz, 80's Punk Rock to Modern Contemporary musicians. The format is guest lecturers and open discussion. Complete with musical, and visual examples of influential women throughout the years.

DIY ARTS AND CRAFTS

This workshop is a do-it-yourself arts workshop, in which campers work on a different craft project each day. Previous projects include guitar straps, books, and gig bags. This year we have some new, exciting creative projects planned!

SONGWRITING

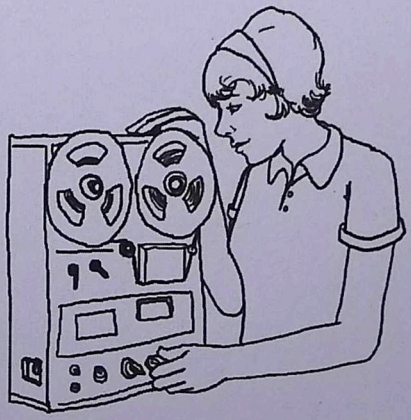
This workshop focuses on the musical and lyrical art of songwriting while giving campers the tools they need to write and prepare songs for the campers to showcase.

ZINE MAKING

In this workshop, campers collaborate on a publication by writing articles, drawing, or putting together collage images. This workshop is great for girls who are interested in music journalism and like to write or draw. All campers will receive a copy of the final publication at the end of the week.

RECORDING

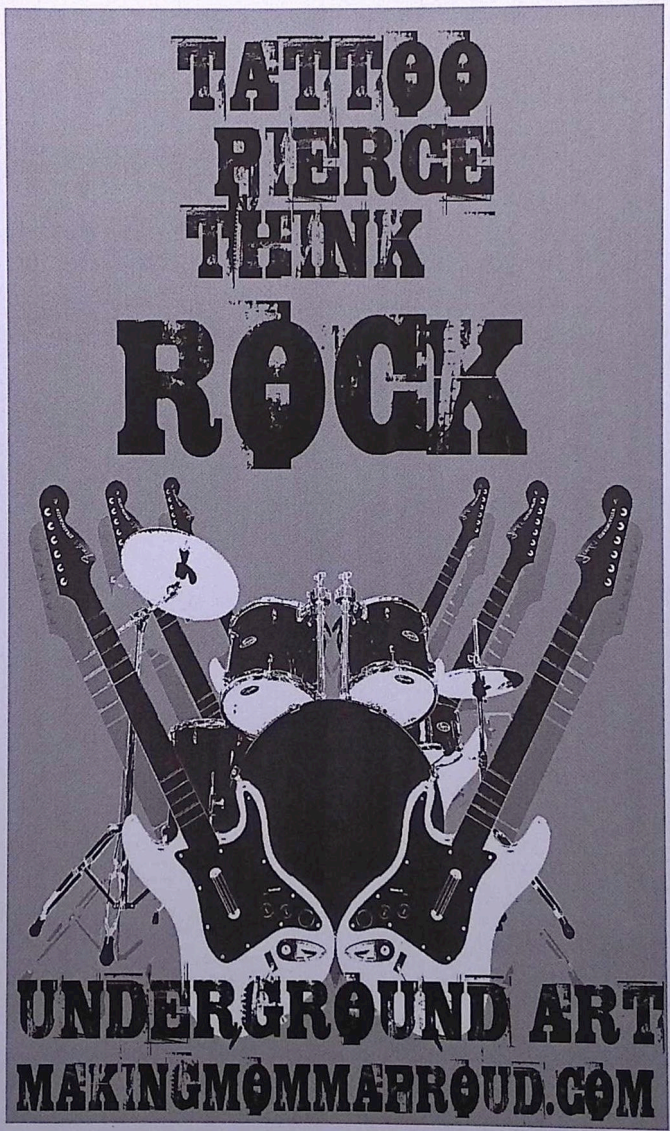
This workshop is great for campers interested in recording their own music or others. Campers will explore various techniques of the recording process.



SHANGRI-LA

RECORDS

MEMPHIS, TENNESSEE


TATTOO
PIERCE
THINK
ROCK
UNDERGROUND ART
MAKINGMOMMAPROUD.COM

MAKE YOUR OWN T-SHIRT

BY BINGHAM BARNES

Making T-shirts for your band is tons of fun and a great way to promote your band. Selling T-shirts can also help keep gas in your van and food in your stomach when your band is out on the road. Speedball makes a great beginners kit that has almost everything you need to get started. Most art supply stores like Plaza or Hobby Lobby sell these for $30-$50. They include a screen, emulsion, ink and a squeegee.

What you will need:

A 500 watt photo flood bulb: You can pick this up at a photography supply store for around $8. These bulbs are very fragile so handle them with a piece of cloth. The oils from your fingers can heat up and shatter the bulb.

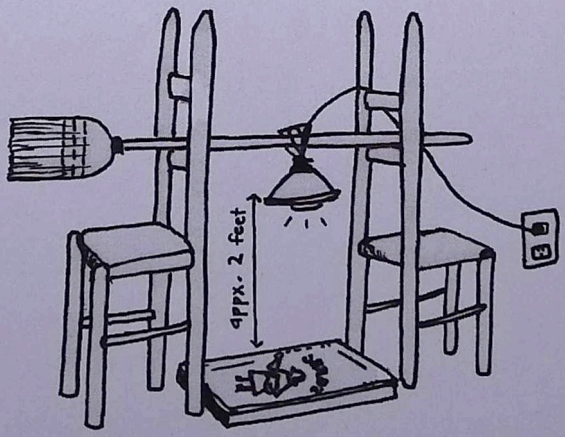
Aluminum shell spotlight: Get the kind that has a clamp on the back.

Emulsion: Emulsion is a liquid that becomes photosensitive when it is mixed with a sensitizers.

6-inch plastic scraper: (sometimes found in the spackling area of hardware stores.)

Yellow bug light: bugs are not attracted more to screen printers than anyone else. You need to use this yellow light because white light will ruin your photosensitive chemicals.

Screen printing screen: Save yourself the frustration and buy one with the mesh already stretched. Most art supply stores



sell these for about $15.

Piece of foam: The foam needs to be big enough to fit snugly inside your screen.
Piece of glass: One that is slightly larger than your frame.

Water-based Textile Ink: Make sure the ink you get says that it is for textiles. The acrylic kind is for posters and will not withstand regular washings.

Squeegee: The economy plastic-handled type will work fine when you are starting out.

Cardboard: Cut out your cardboard to fit inside your shirt.

A white or light-colored t-shirt: Water-based inks are not very opaque. Printing white on dark shirts requires nasty plastisol inks and expensive infrared heat equipment. We're not talking about setting up a professional print shop here so let's keep it simple.

A cool design: One made by you for your band of course!

Once you have your design you will have to go to a copy store to have your design printed on a transparency. Ask them to use extra toner so the design will be opaque. If your design is not opaque you may have problems washing the emulsion out of your screen. If you have a computer you can print your design out on an ink jet transparency.

Emulsion is photosensitive. DO NOT do this step using regular white light.

1. Replace the light in the room you are using with the yellow bug light. Throw down some newspaper to catch any spills.
2. Mix up some emulsion and sensitizer in a bowl. 1 part sensitizer to 3 parts emulsion. Some emulsions may have different ratios so follow the directions on the label.
3. With your screen face down, spoon the emulsion onto the screen in an even line along the bottom.
4. Use your plastic scraper to evenly distribute the emulsion across the screen.
5.Place your coated screen in a dark room or closet to dry. It will dry faster with a clean fan blowing on it. Do your best to avoid getting any dust on the screen.

If you have any left over emulsion you may store it in a cool dark place for a couple weeks.

Making a stencil:
Your screen is now coated with a light-sensitive emulsion. When white light is applied to your design on the screen, the areas not covered with a design become hard and water-resistant. The areas beneath your design will stay soft and will wash out with water.

1. Place the foam inside the frame and set on the floor. Foam side on the floor.

2. Center your design on the screen so it reads backwards.

3. Place a piece of glass on top of the screen. The glass and the foam will force the design to stay flat so you won't have any shadows.

4. Clamp your spotlight about 2 feet above the screen. You can suspend a broomstick between two ladder back chairs or clamp your light to a boom microphone stand.

5. Turn on your lamp and let the design "burn" onto the screen for 27 to 30 minutes.

6. Turn off the lamp.

7. Remove the glass, design, and foam and go to the bathtub or large sink. Run warm water over the design until it washes away cleanly. Be patient with this step. It may take a few minutes for the emulsion that was covered with your design to begin washing out.

8. Hold your screen up to the light and make sure your entire design is washed out.

9. Let your screen air dry.

Printing a shirt:
Gather up some old sheets or construction paper to make practice prints on. You will probably mess up your first print.

1. Cover any open areas and pinholes with masking tape.

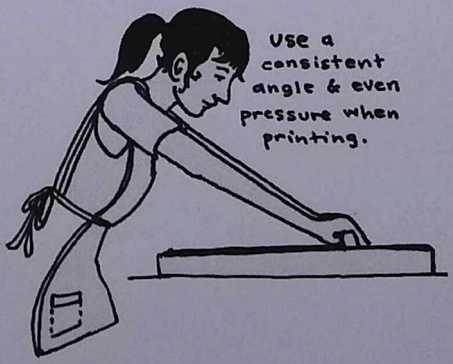
2. Slip your t-shirt over a piece of cardboard. You want your shirt to be flat before you print onto it.

3. Set your screen onto the shirt. Make sure the mesh contacts evenly with the shirt.
4. Take a spoon and tap out a line of ink above your design.

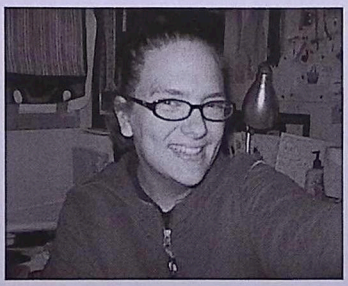
5. Place your squeegee behind the ink and pull the ink evenly across the design. Turn the squeegee around and pull it back to the top. Use a consistent angle and even pressure when printing.

6. Lift the screen straight up off your shirt and set the shirt aside to air dry.

Once your shirts) are dry you will need to heat set the ink into the shirt so it will not wash out. Turn your iron on high and place a pillow case or handkerchief between the design and the iron. Apply even pressure as you are ironing the design. Do this for 2 to 3 minutes and take care not to scorch your shirt.
You should wash your screen out with water when you are finished. You can keep using this screen to make more shirts. Your screen can be reclaimed for use with a different design by washing it with bleach or stencil remover.
This outline is just the beginning. Through trial and error you will find what works best for you. Try printing tour posters and CD covers. Don't get frustrated if things don't work out the first time.



VOLUNTEER CLASS OF 2008



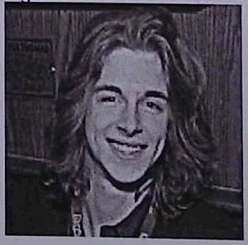
LORI MCSTAY

Hey! My name is Lori. I'm from Memphis, TN. I love making stuff out of fabric. I've been sewing since I was little, when my mom taught me how to embroider. It was fun, but I'm too impatient to sew everything by hand. My sewing machine has made crafting much easier for me because it's so quick! I love making purses, bags, and felt appliqués, and I've just started dabbling in sewing my own clothes.

I also love music. I've been playing in bands in the Memphis scene for the past 12 years, but I've played music all my life. I love singing and playing drums and guitar. My current band is called The Ultracats. We started out as a duo in 1998, in which I played guitar and my friend, Alicja Trout, played drums. We both sing and harmonize together. Recently, we reformed the group with our friends Robby Grant and Jared McStay (my husband). We play a lot of 1960s "girl group" songs plus some punk and rock songs. We like to switch instruments mid-set so that more than one person gets a chance to play drums.

During the day, I'm an editor for the Journal of Clinical Psychiatry. I love grammar and math, which are both essential skills for my job. After work is when I get to relax with my crafty projects or my music! www.LoriBag.com

NICK BLACK



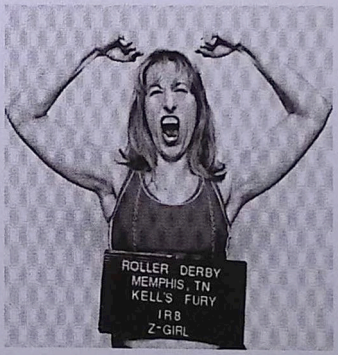
Nick Black is a rising sophomore at the University of Memphis studying within the School of Music with a major in Music Business. As the president of BlueTOM Records, the University of Memphis's Record Label, he hopes to give the girls of the SGRRC as much wisdom as has been bestowed upon him in the past year or so. This is his first year at camp.

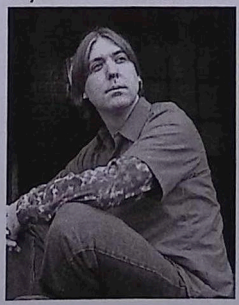
ANN SCHORR & RICHARD JAMES

Anne Schorr is volunteering at SGRRC as a guitar instructor for a second year.This time around she has enlisted her husband and bandmate Richard James as an assistant.Anne and Richard have been performing both together and seperately in various rock and roll situations for over 13 years.Their current band incarnation,"Richard James and The Special Riders",is equal parts punk, rockabilly,and blues.They play consistently at shows in Memphis and around the mid-south and are currently working on a new record to follow up their 2007 release "Music For People Who Been Wrong(ed)".
Both Anne and Richard are excited to bring their unique perspective as live performers and partners to SGRRC and are hopeful that this will make for a dynamic learning and teaching experience.

KELLY SHRANK

Kelly is a non-musical volunteer who nonetheless enjoys many types of music, especially all-women bands and those with strong women singers. When not practicing with the Legion of Zoom or promoting Memphis Roller Derby as her alter ego Kell's Fury (#IR8), she is a technical editor for a small company in Tampa. With minors in Women's Studies and Creative Writing to go with her English degree, she was a writer for The WomanSource Catalog & Review, published in 1997, which would most definitely have mentioned rock and roll camps for girls and roller derby had they been available back then.





ROBERT ALLEN PARKER

As a guitarist, vocalist, and bassist, Robert Allen Parker has played in various Memphis bands over the years ranging from psychedelic rock to blues to funk to r&b/soul to reggae. He has been a guitarist at one time or another for artists such as the late great Rufus Thomas, soul blues diva Denise Lasalle, Beale St. blues musician Earl "The Pearl" Banks, and Memphis funk artist Hope Clayburn. For years, he has worked as a "bluesologist" at the Memphis Music store on Beale Street. Currently, he has been working on a full length documentary film entitled: "The Broken String: Voices, Shadows & Feedback In Modern Memphis Music" which will focus on Memphis music of the last 15 years.

ALICE BUCHANAN

Alice plays guitar and writes songs with her best friends for their successful, Memphis based, girl-fronted band, Scandaliz Vandalistz. She has taught private piano/guitar lessons, held the position of music instructor at Playhouse on the Square's summer theater camps, is a registered Suzuki violin teacher, and majors in Instrumental Music Education at MTSU.
Scandaliz Vandalistz will be their 2nd full length album at the end of summer 2008

LINWOOD REGENSBURG

Linwood Regensburg was raised in Richmond, Virginia. He now lives in Murfreesboro, TN which is currently not serviced by the amtrak train corporation and trust company.
music likes: rolling stones, black lips, johnny thunders and the heartbreakers, the troggs, love, velvet underground, the shocking blue, buddy holly, the shangri la's, the walrus, bo diddley beats.
other likes: coffee, newspapers, charlie chaplin, drainpipe trousers, postcards, vietnamese food, screenprinting, NPR
"dis"-likes: ian dury and the blockheads, moustache contests.

JESSI Z WARINER

A Few of My Favorite Things: rockin', rollin', vinyl, reverb, screen printing, dancing.
What Do I Want to Do at Rock Camp?: Share my favorite things.

MARIBETH HOYLE (PIC NOT AVAILABLE)

I began seriously listening to music when I was 14. Once I started, I was completely hooked! A year later, I started playing guitar and writing songs. Recently, I've been able to branch out and play some shows. I am currently attending the University of Memphis as a Music Business major and I hope to some day use my degree doing something involving band management.

NIKKI KVARNES

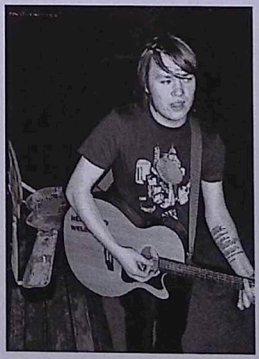
I'm Nikki. I play the ukalaylay. I like eatin' chikenz. Derr.

JENNY ANDERSON POWERS

Jenny Anderson Powers lives in Myrtle Beach, South Carolina with her husband Chris. She is a Guardian ad Litem for the Family Court and an Investigator for Hard Rock Park. In her spare time she likes to sew, knit, and do arts and crafts.

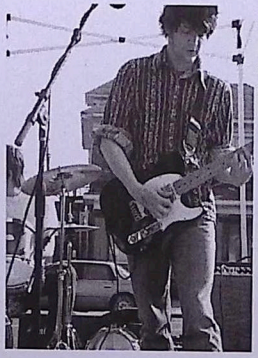
SHERI BANCROFT

Sheri Bancroft lives in Memphis with her musician husband and two cats.



SPENCER KELLUM

I play in a band called The Modern Gentlemen. My main instruments are the acoustic guitar and banjo, which I have been playing for the better part of six years. I have been singing since I could speak and my favorite band of all time is The Beatles.



PATRICK GLASS

Patrick Glass started playing cello at age 10, and switched to guitar in his teens. He now plays guitar and keyboards in Noise Choir, The Blackhamptons and Mouth Karate.

MELANIE ISAKSEN (PICTURE NOT AVAILABLE)

Melanie started her first band in High School, and never stopped singing, songwriting, and playing bass guitar. She has played in countless bands in Memphis and Chicago. Whenever there is a need for a rocking female bassist on stage or in the studio, she is there! Melanie also enjoys teaching and sharing her love for music with her husband Roy and son Hagen.

WILL MCKELROY

(I am / Will is) a 22 year old resident of Memphis who enjoys making sounds with musical instruments but is hesitant to claim to be a musician. Projects include lo-fi pop group The Barbaras and lower-fi "indie"/punk band Girls of the Gravitron.

BICYCLES

Bicycles are a great form of transportation and exercise, but there are some things everyone should know before hitting the road.

RULES OF THE ROAD

If you are under the age of 12, you are required by Tennessee state law to wear a helmet while riding your bike. Of course, it is a good idea to wear a helmet even if you are 12 or older. Also, if you will be riding at night, *you must have a lamp on the front of your bike* and a red reflector on the back.

General traffic laws apply to bicyclists as well as motorists. When riding on a street, you should always ride WITH the flow of the traffic and as far to the right as safely possible. There are basic hand signals (illustrated below) that you should use to let motorists know what you are doing.

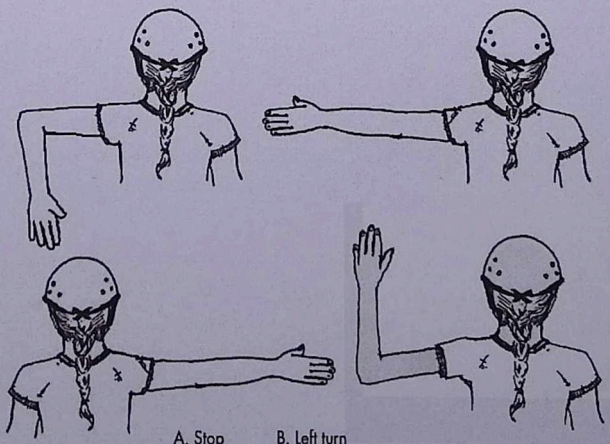
BICYCLE MAINTENANCE

Taking good care of your bicycle will make it safer to ride and help it last longer. Good items to have in your bike care kit are an adjustable wrench, a puncture kit, an air pump, and oil.

Before you ride a bicycle, you should use a wrench to adjust the seat and the handlebars to a height comfortable for you. Make sure all of the nuts are on tight.

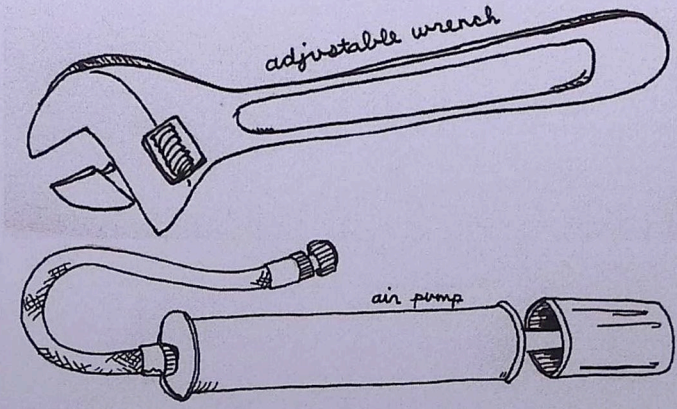
The parts circled in the illustration on *the bottom of the next page should be oiled* regularly (be careful not to get oil on the part of the wheels where the brakes grip or on the tires). The oil will help prevent rust and slow down the wearing out of the moving parts.

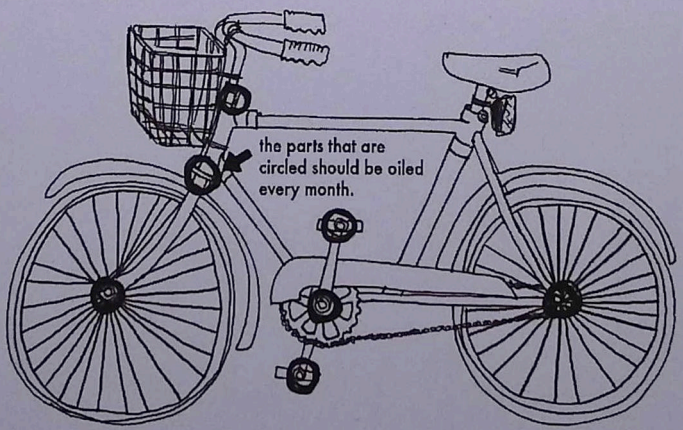
You should also try to keep your bike out of the rain & any other inclement weather. If you cannot keep your bike inside or in a shed or garage, you can at least keep your bike under a tarp for protection.



A. Stop B. Left turn
C. Right turn D. Another signal for a right turn

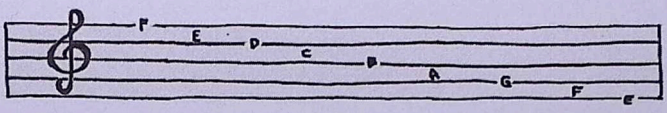
TOOLS YOU WILL NEED:





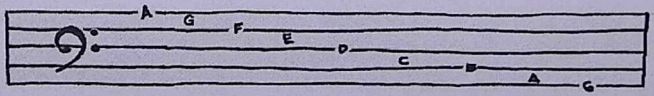
HOW TO READ SHEET MUSIC

THE TREBLE CLEF



The treble clef contains the higher notes in a song. The spaces spell "FACE" from the bottom. A good way to remember the notes on the lines is "Every Good Boy Does Fine".

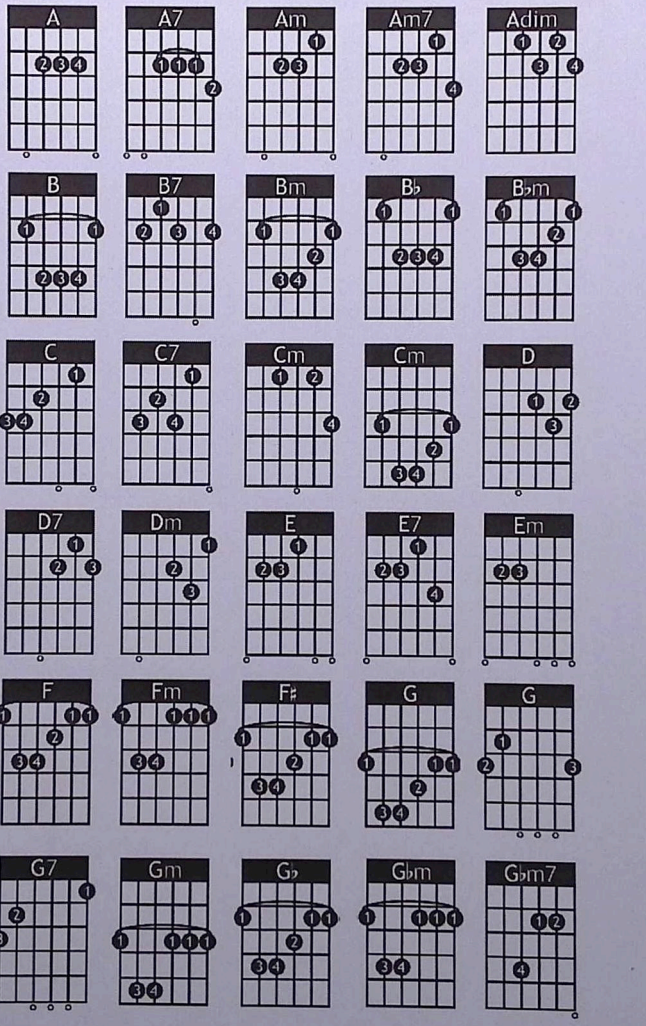
THE BASS CLEF



The bass clef contains the lower notes. A good way to remember the spaces is "All Cars Eat Gas" or "All Cows Eat Grass". To remember the lines you can use "Girls Break-Dance For America", from the bottom.

There are three notes between the bass clef and the treble clef. D is in the space under E on the treble clef. In relation to the bass clef, it is two spaces above the top. Middle C is on a line below the treble clef, or on a line above the bass clef. B is two spaces below the treble clef and sits right on top of the bass clef.

COMMON GUITAR CHORDS

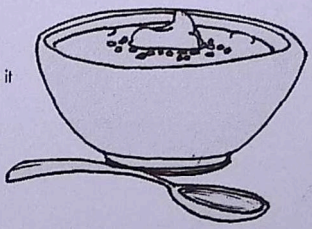


DIRECTOR COOKBOOK

This year, our directors have been really into cooking, and they'd like to share some of their favorite recipes with you!

(Back In) BLACK Bean Soup

Submitted by Kelli Morris



2 cans black beans, rinsed and drained
1 1/2 - 2 cups stock (vegetable or chicken)
Less or More, depending on how thick you like it
1 cup salsa
1 tsp ground cumin

1/2 c sour cream
1 T lime juice
2 T chopped cilantro

4 T chopped green onion tops

Blend beans, stock, salsa and cumin in a blender or food processor until smooth. Depending upon the capacity of your blender, you may have to do this is batches.

If you want the soup warm, simply pour into saucepan and heat on medium until thoroughly heated.

Combine sour cream, lime juice, cilantro in small bowl. Spoon soup into bowls and top with a dollop of sour cream mixture and green onion.

The Easiest Recipe Ever!

aka Bean and Corn Salad submitted by Nicole Tekulve

Ingredients:

* 1 can black beans
* 1 can chickpeas
* 1 can kidney beans
* 1 can sweet corn
* 1/2 medium onion, diced
* 2 tbsp chopped cilantro
* 4 tbsp balsamic vinegar
* 2 tbsp olive oil
* 1 tbsp soy sauce
* 1/2 tsp salt
* 1/2 tsp pepper

Open the cans of beans and drain all the gunk off of the them by placing them in a colander and running them under water. Place them in a large bowl and add all the remaining ingredients. Stir everything together real good and let it hang out in the fridge for an hour (if time allows). Now enjoy the fruits (beans) of your labor!

The Girl From Impanema's Limon-Aid

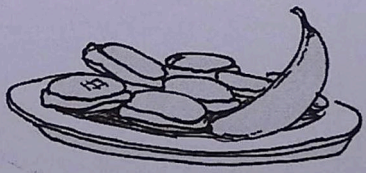
Anna Fitzgerald's Summer Fun Drink

4 Cups Cold Water
1 Cup Fresh Squeezed Lime Juice
1/4 Cup Fresh Mango Puree
1/4 Cup Sugar (Sugar to taste if needed.)
2 Tablespoons Coconut Milk (Or you can switch it up with some Ginger)

Directions: In a pitcher stir lime juice, mango puree, sugar & coconut milk.
Then stir in cold water to distribute the juice. Serve on ice and smile.

A Cookie Fit for The King (Or Queen)

(Peanut Butter Cookies with Banana Filling)
Submitted by April Eubank



Ingredients:
Cookie stuff
3/4 cup all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
1/2 cup peanut butter
1/2 cup white sugar
1/2 cup packed light brown sugar
1 egg
1 teaspoon vanilla extract
1 cup quick cooking oats
Banana filling stuff
1 jar marshmallow fluff
1 banana
confectioner's sugar
Cream together sugars and wet ingredients.
Combine dry ingredients and add to wet mixture.
Dip your spoon into that dough and get about as much on there as you could fit inside an eggshell. Then hold the spoon over the cookie sheet that you've already greased with cooking spray and scrape the dough off the spoon and onto the pan using one finger (it'll be sticky, y'all).
Press the cookies down using the palm of your hand (not so flat so that it looks like a truck ran over them, but so flat that it looks like a toy truck ran over them).
Bake at 350 just until cookies aren't raw in the middle anymore, no longer! (It should be about 10 minutes,)
All you do to make the filling is smoosh up that banana with a fork and then stir in the marshmallow fluff. If it's soupy, add confectioner's sugar until it's not.
After the cookies are all the way cool, flip half of them over. Spread some banana goop on them. Then put another cookie on top to form a sandwich. Then put it in your mouth.

*While wearing fake sideburns, a white jumpsuit and singing about hound dogs are all well and fine, please resist the urge to deep fry this cookie.

YEAH

YOUTH EMPOWERMENT THROUGH ARTS & HUMANITIES

Youth Empowerment Through Arts & Humanities (YEAH) is a 501(c)3 nonprofit organization that produces and supports positive arts programs for young people including the Southern Girls Rock & Roll Camp (SGRRC), the Youth Culture & Arts Center (YCAC), and the School of Recording.

The vision of YEAH is to provide an arts resource center in Murfreesboro where the community can learn and appreciate the arts. The facility could house a performance hall, an art gallery and classrooms for workshops. While continuing to offer strong programming, YEAH is consistently working toward the goal of becoming an arts facility. To achieve this goal, YEAH needs a large amount of input and involvement from the community.

YEAH has experienced some exciting new developments this year which include moving into a new space on the downtown Murfreesboro Square. Located at 25 S Public Square, the space is large enough to host after school arts workshops and is shared with Tall Grass Studio. YEAH uses the upstairs room to host all-ages shows once a month so mark your calendars for the 4th Saturday of every month to check out this monthly series of great live music.

In addition to securing a new space, YEAH launched a new program called the School of Recording that teaches the art of capturing live music. The co-ed program is designed and instructed by Ryan York, a recording industry graduate of Middle Tennessee State University. The monthly workshops cover a comprehensive curriculum that includes studio and live recording. Visit www.schoolofrecording.org for more information.

With all of the exciting growth YEAH is experiencing, volunteers are needed in all aspects of the organization. Volunteer opportunities range from administrative to publicizing events through membership on the Street Team. Email artsempoweryouth@gmail.com to learn more about available positions.

In addition to volunteer time, YEAH needs funding to continue providing these high-quality programs. As a new organization, building a strong financial foundation is challenging. This challenge can be solved in part through a diverse pool of individual contributions. Every contribution of every size helps further the mission of YEAH by supporting all of its programs in the short and long-term stages of growth. Contributions can be made in the form of cash, check, money order, or online at www.artsempoweryouth.org.

Get involved in YEAH to help the arts grow and flourish in Middle Tennessee. Thank you for your support.

Sincerely,
Kelley Anderson
Director, YEAH

SGRRC

SGRRC is a program that encourages young women in music and is part of Youth Empowerment through Arts & Humanities (YEAH), a nonprofit organization that supports young people in the arts.

The mission of the Southern Girls Rock & Roll Camp (SGRRC) is to support a culture of positive self-esteem and collaboration among girls while building community through music. SGRRC recognizes the potential of every young woman to be a strong, talented, creative and empowered individual while providing a safe space WHERE ALL GIRLS ROCK!

SGRRC accomplishes this by offering music instruction for girls ages 10-17 and workshops in related skills such as songwriting and recording. Campers attend panels and performances by women in music. The coolest part of camp is that the girls get to form bands and perform at the end of the week!

The Southern Girls Rock & Roll Camp was founded in 2003 in Murfreesboro, Tennessee by Kelley Anderson after she was inspired by a similar program in Portland Oregon. This summer is the fifth year of camp and we are celebrating this success by offering a week in Murfreesboro and Memphis.

YEAH recently received its official nonprofit determination letter from the IRS. 501(c) status means huge things for the camp in terms of sustainability and growth in the future: SGRRC is now eligible for grants and all contributions are tax deductible.

As a nonprofit program supported on the strengths of volunteers and donations, your support is needed to sustain the program for future generations of young women. Please consider getting involved or making a in-kind or monetary donation. Your support is greatly appreciated.

To learn more about Southern Girls Rock & Roll Camp, visit www.sgrrc.org. To learn more about YEAH visit www.artsempoweryouth.org.

SCHOOL OF RECORDING

The School of Recording is an after school non-profit organization that teaches teenagers the art of recording music. The students work hands on, each getting their own studio setups in class. They learn the basics of recording, and get to leave the class with a CD of a professional local artist or band that they record in the class. The class meets two days a week for two hours over the course of a month.

You can learn more about the program at www.schoolofrecording.org.

YCAC

The mission of the Youth Culture & Arts Center (YCAC) is to provide a safe and positive atmosphere for young people to create and experience the arts. The YCAC will help build character in our youth by providing positive role models and access to the tools and technology used in various art disciplines. While focusing on programs for young people, the YCAC will also serve as a community and arts resource for people of all ages.

YCAC All-Ages Shows are smoke-free, and safe environment for the community to enjoy local and regional music.

Dates:
July 26th, August 30th, September 27th, October 25th, November 22nd.
Shows begin at 7pm unless otherwise noted on our website and Exhibits are open to public beginning at 6:30pm

Pinhole Photography Workshop:
Students ages 12-17 can learn the basics of pinhole photography and gain experience in general concepts of photography.
All-supplies included and instructed by an experienced MTSU Photography major, Dan Lewis.

Classes are held on the following dates for 3 weeks on Thursdays with an exhibit on the day of each all ages show!
Tuition is $60, for 3 classes and an exhibit, including ALL supplies.
Partial Scholarships available. Students may take back to back classes and instructor will cater to advanced student's needs.

Class Dates:
Sept.- 11, 18, 25, exhibit 27th
Oct.- 9, 16, 23, exhibit 25th
Nov.- 6,13,20, exhibit 22nd

For more info, please check out website, www.youthculturecenter.org.
Or call our program director at 615.294.3216.

LADIES ROCK CAMP

Volunteers! Moms! Sisters!

Have you ever thought to yourself, "I wish there had been something like SGRRC when I was growing up?"

Well, now there is!

The Ladies Rock Camp (LRC) empowers women through music and helps raise funds for the Southern Girls Rock & Roll Camp. The camp offers instruction in guitar, drums, bass, keyboards, and vocals. Attendees form bands and rehearse in a supportive environment to learn and perform a song. The camp will be held the weekend of September 12 - 14 at Cedars of Lebanon State Park. Email sgrrc05@gmail.com for registration info.

SGRRC ROCK BLOCK

Rock Block is an after school program for girls ages 10-17 that offers experience playing with other musicians in a band. The band rehearses once a week with a band manager and performs at a showcase at the end of the Rock Block. Email sgrrc05@gmail.com for session dates and registration info.

SOUTHERN GIRLS ROCK & ROLL CAMP
WOULD LIKE TO THANK...

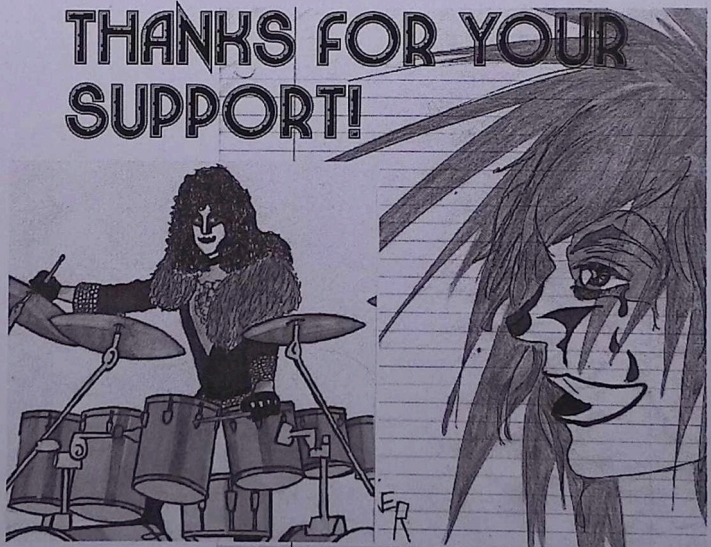
Hutchison School
Tracey Zerwig Ford
Randy Olswing
Amanda Fischer
Mercury Printing
Gloria Hyden
Memphis Drum Shop
Sun Studio
Spin Street
Ardent Studios
Saint Blues Guitar
Memphis Flyer
Guitar Center
Rose Construction
Mark, Cindy, Audra, and Alleigh Brown
Memphis Roller Derby
Kelly Schrank
April Madison
The Memphis Belles
Jayne Ellen White
Lea, Host of Chick Habit Radio Show
WEVL
Elisabeth Callihan at Brooks Museum
Malco Theater
John Beifuss at Commercial Appeal
Chris Davis at Memphis Flyer (and who else you contacted)
Camy Archer and Mary at Camy's
Debra Cohen at Dabbles Hair Co.
Ben and Colleen Smith at Tsunami
Craig Blondis at Central BBQ
Murphy's
The Hi-Tone
Faintly Red Mollies
Those Darlins
Girls of the Gravitron
Kelley Anderson & Family
Anna Fitzgerald & Family

Kohl's Cares for kids

Kelli Morris & Family
Nicole Tekulve & Family
Courtney Sharpe & Family
April Eubank & Family
Angela Horton & Family
Eric McCrickard
Hard Rock Park
Griffin Technology
Lori McClure-Wade
Dillon Watson
Ryan York
Andrew Jacks
Gina Logue
Wendy Koenig
Evan Hatch
Erin Anfinson
Kerry Knox
Mary Braun
Jessi Wariner
Nikki Kvarnes

Rosie Flores
Kristin Andreassen
Six Gun Lullaby
The Ultracats
Nancy Apple
Memphis Music Foundation
Musician's Resource Center
Cameron Mann
Catrina Guttery
Rachel Hurley
Shangri La Records
Lori & Jared McStay
Guy Richie at Red Bull

THANKS FOR YOUR SUPPORT!



ANSWERS TO FLASHBACK:
TOP LEFT, Chuck Bruner. BOTTOM LEFT, Anna Fitzgerald
TOP RIGHT, April Eubank. BOTTOM RIGHT, Nicole Tekulve

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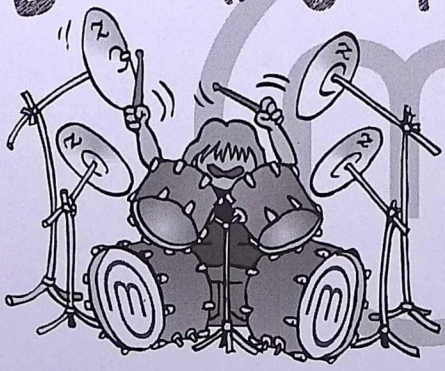

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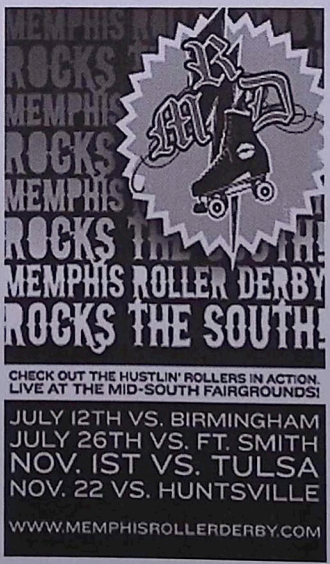
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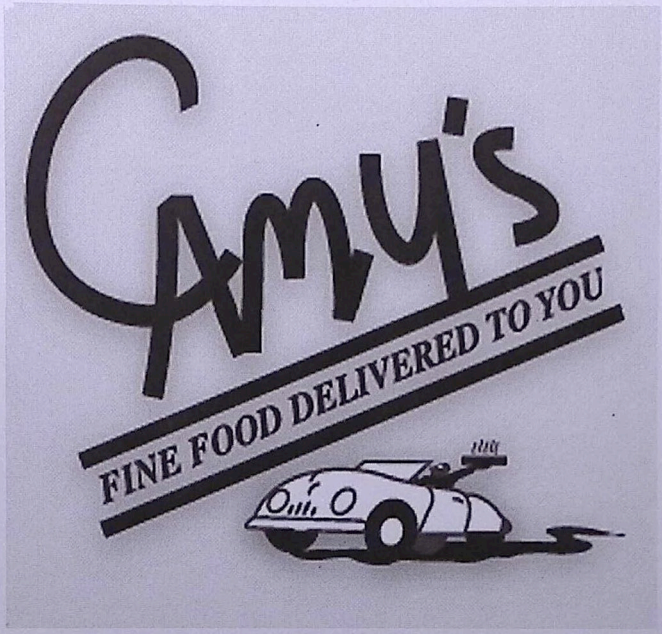

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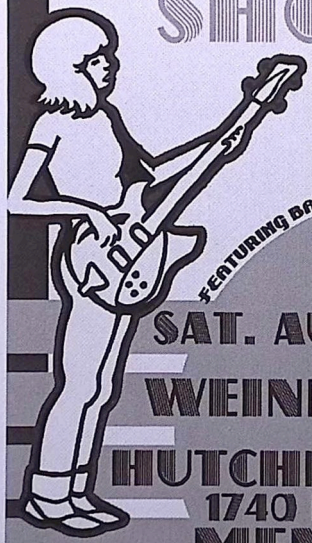

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